














**CITY OF GULFPORT
EMPLOYEE HEALTH CLINIC**
Appointment Line: 863-6760
M-F 7:30-4:30 (Closed 12-1 Lunch)
3310 17th Street
Gulfport, MS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  LABOR DAY CLINIC CLOSED	2 DID YOU KNOW? Prostate cancer is highly treatable if detected in its earliest stages.	3 FREE Men's Wellness Exams all month  Call for an appointment	4 Remember to check with the clinic to see if we carry your prescription meds!! You could save \$\$\$\$\$ 	5 Wellness Labs advertised on the Calendar are always "FREE" in the month they are advertised	6 
	8 ATTENTION MEN OVER 45 FREE PSA Lab & Prostate Exam All Month Call for an appointment	9 Prostate Cancer Symptoms: -Trouble urinating -Frequent urination -Blood in urine -Pelvic & bone pain	10 DID YOU KNOW? If you have lab orders from your PCP, you can have them drawn at the clinic	11 Prostate Risk Factors: -Age & genetics -Race -Diet high in red meat & high fat dairy products -Smoking -Obesity	12 REMEMBER: If you develop prostate cancer, it is important to discuss all treatment options with your doctor to help make the decision that best fits your needs	13 
14 	15 To help prevent prostate cancer, maintain a healthy weight, exercise daily, don't smoke, and eat more fruits and vegetables	16 For more information go to: www.cancer.org 		18 Pick up your FREE Men's Hygiene product at the clinic today <i>(while supplies last)</i>	19 Cholesterol is a waxy, fat-like substance that can build up on the walls of your arteries and lead to heart disease and stroke	20 
21	22 Everyone age 20 and older should have their cholesterol checked every 5 years and a normal cholesterol should be less than 200mg/dL	23 Risk Factors for High Cholesterol: -Obesity & diet high in saturated fat & cholesterol -Age & genetics -High blood pressure -Smoking -Lack of exercise	24 There are two types of cholesterol. HDL (Good cholesterol) and LDL (Bad cholesterol)	25 High cholesterol has no symptoms, so many people are unaware that their cholesterol levels are too high unless they get a simple blood test	26 FREE Cholesterol Screening all month <i>(Fast 8-12 hours before test and drink plenty of water)</i> Call for appointment	27 
28 	29 One way to prevent high cholesterol is through Therapeutic Lifestyle Changes which include eating a low fat, low cholesterol diet, weight management and daily exercise	30 There are several cholesterol lowering drugs on the market today. Check with your NP to see which ones we carry in the clinic	NOTICE: Due to a manufacturer back order, B-12 shots are not currently available. Check with your clinic for any remaining B-12s	September is Prostate Cancer Awareness and National Cholesterol Education Month		